



# WKSF WORLD CUP

23-24 MARCH 2024  
ITALY - CATANZARO



Prot. N°038 / 02 December 2023

Approved by the Executive Committee  
of the WKSF on December 02, 2023  
Milan, Italy



## REGULATION NOTICE APPLICATION

### Information letter for the

# Kettlebell World Cup 2024

#### 1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world;
- to determine competition winners;
- to strengthen and expand international cultural and sports relationships.

#### 2. Dates and Places of Competitions

**KETTLEBELL WKSF WORLD CUP - ITALY 23-24.03.2024, Catanzaro**

**Indirizzo Pallazetto dello sport "Stefano Gallo"**

**via Brigata Catanzaro, 59**

**88100 Catanzaro (CZ), Italy**

#### Programs:

22.03.2024 – ARRIVAL OF DELEGATIONS, WEIGH-IN 17.00-20.00

23.03.2024 – MEN'S AND WOMEN'S LONG CYCLE, DISABLED (Additional weigh-in for athletes competing in Men's and Women's Biathlon, Snatch, Marathon)

24.03.2024 - MEN'S AND WOMEN'S BIATHLON, MEN'S AND WOMEN'S SNATCH, STUDENT SNATCH MEN'S AND WOMEN'S. COMPETITIONS FOR LONG CYCLE 30', JERK 30', SNATCH 30' MEN AND WOMEN

25.03.2024 – DEPARTURE OF DELEGATIONS



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## DISCIPLINES:

### MEN:

- LONG CYCLE ELITE 32KG 10'-5' **STRONG OALC 5' 40KG-36KG Coefficient**
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (2002-2005)
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE ONE ARM MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2006-2008)
- LONG CYCLE YOUTH 14-15 YEARS 16KG (2009-2010)

### WOMEN:

- LONG CYCLE ELITE 24+24KG ABSOLUTE
- LONG CYCLE ELITE 20+20KG 10'-5' **STRONG OALC 5' 28KG-24KG Coefficient**
- LONG CYCLE ONE ARM ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE ONE ARM AMATEUR 16KG
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG (2002-2005)
- LONG CYCLE MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE MASTER ONE ARM 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2006-2008)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2009-2010)

### MEN:

- BIATHLON ELITE 32KG **MILITARY SNATCH 12' 32KG-24KG Coefficient**
- BIATHLON JUNIOR 19-22 YEARS 32KG (2002-2005)
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- SNATCH MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 16-18 YEARS 24KG (2006-2008)
- BIATHLON YOUTH 14-15 YEARS 16KG (2009-2010)
- DISABLED 16KG ABSOLUTE
- SNATCH STUDENT 24KG ABSOLUTE

### WOMEN:

- BIATHLON ELITE 24+24KG ABSOLUTE
- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG **MILITARY SNATCH 12' 20KG-16KG Coefficient**
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (2002-2005)
- BIATHLON MASTER 35-54 YEARS 16+16KG, 55-64 YEARS 12+12KG, +65 YEARS 8+8KG
- SNATCH MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2006-2008)

- BIATHLON YOUTH 14-15 YEARS 12+12KG (2009-2010)
- DISABLED 8KG ABSOLUTE
- SNATCH STUDENT 16KG ABSOLUTE

**MEN:**

- LONG CYCLE 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)
- JERK 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)
- SNATCH 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)

**WOMEN:**

- LONG CYCLE 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- JERK 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- SNATCH 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)

- **MEN:**

- RELAY LONG CYCLE 32+32KG 3'X5 ATHLETES

- **WOMEN:**

- RELAY LONG CYCLE 20+20KG 3'X3 ATHLETES

- **MIXED RELAY:**

- RELAY LONG CYCLE OF MEN 3'X3 ATHLETES 32+32kg and WOMEN 3'X2 ATHLETES 20+20kg

### 3. Competition Management

The general management of competition and organization shall be performed by the WKSF Executive Committee.

The immediate Competition Host shall be assigned to the national and territorial federations for kettlebell lifting at the place of competition, the Organizing Committee and the duly approved Main Jury.

The organizing committee of the following championships must provide auxiliary staff to judges (speaker, assistant judge, musical director, assistant secretary, awards assistant, competition area assistant).

#### 4. Competition Participation

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participate in the competition. The list of team members shall be defined before weigh-in of competitors. The number of team members in each weight category shall **NO LIMITED athlete** in each weight category and discipline for Elite Men and Women. In the categories of Amateur and Veterans, Junior 19-22, Youth 16-18, 14-15 years, Student and Disabled Men and Women there is **NO LIMITED athlete**. One month prior to the competition each National Team must submit their roster to the WKSF World Championship Committee. The National Team roster must be compliant with the above guidelines concerning the number of athletes in categories. Once this roster is submitted athletes may not change weight category. If an athlete fails to meet the listed weight, the athlete will be disqualified from competition.

##### Group: age groups and weights for each group:

Weight category Men(SE,U22,M):	63kg, 68kg, 74kg, 80kg, 87kg, 95kg,+95kg	(Marathon 30'-60' 74kg, 87kg, +87kg)
Weight category Women(SE,U22,M):	52kg, 58kg, 65kg, 75kg,+75kg	(Marathon 30'-60' 58kg, 65kg, +65kg)
Weight category Men(U18,U15):	52kg, 62kg, 72kg, +72kg	(Marathon 30'-60' 52kg, +52kg)
Weight category Women(U18,U15):	48kg, 58kg, +58kg	(Marathon 30'-60' 48kg, +48kg)

<b>Senior Men (SE):</b>	23 years and more - kettlebells 32kg, 24kg
<b>Senior Women (SE):</b>	23 years and more - kettlebells 24kg, 20kg, 16kg
<b>Master Men (M):</b>	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
<b>Master Women (M):</b>	35-44 years, 45-54 years - kettlebells 16kg 55-64 years - kettlebells 12kg +65 years - kettlebells 8kg
<b>Juniors Under 22 Men (U22):</b>	19-22 years - kettlebells 32kg
<b>Juniors Under 22 Women (U22):</b>	19-22 years - kettlebells 20kg
<b>Children Men (U15):</b>	14-15 years - kettlebells 16kg
<b>Children Women (U15):</b>	14-15 years - kettlebells 12kg
<b>Youth Men (U18):</b>	16-18 years - kettlebells 16kg
<b>Youth Women (U18):</b>	16-18 years - kettlebells 24kg
<b>Disable Men (D):</b>	Absolute - kettlebells 16kg
<b>Disable Women (D):</b>	Absolute - kettlebells 8kg
<b>Students Men (ST):</b>	Absolute - kettlebells 24kg
<b>Students Women (ST):</b>	Absolute - kettlebells 16kg

**Relay Men:**

Long Cycle 32+32kg 3 minutes x 5 athletes-Competitions World Cup

**Relay Women:**

Long Cycle 20+20kg 3 minutes x 3 athletes-Competitions World Cup

**Relay Mixed:**

Long Cycle of Men 3'X3 Athletes 32+32kg and Women 3'X2 Athletes 20+20kg

**5. Competition Program and Determination of Winners**

The competitions shall be held under the World Kettlebell Sport Federation Rules valid as of the competition date. The team championship in World Championships and Continental Championships shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):

LC Men Elite 7 Athletes + LC Men Amateur 2 Athletes(50%) + LC Men Master 2 Athletes(50%) + OALC Men Master 2 Athletes(50%) + Marathon Men 30' Elite 3 Athletes. LC Women Elite 5 Athletes + OALC Women Elite 5 Athletes + LC Women Elite 24+24 kg 2 Athletes + LC Women Master 1 Athlete(50%) + OALC Women Amateur 1 Athlete(50%) + Marathon 30' Women Elite 3 Athletes

BT Men Elite 7 Athletes + BT Men Amateur 2 Athletes(50%) + BT Men Master 2 Athletes(50%) + SN Men Master 2 Athletes(50%) + SN Men Amateur 1 Athlete(50%) + Disabled Men 1 Athlete(50%). BT Women Elite 5 Athletes + SN Women Elite 5 Athletes + BT Women Elite 24+24 kg 1 Athletes + BT Women Master 1 Athlete (50%) + SN Women Master 1 Athlete(50%) + Disabled Women 1 Athlete(50%).

**RANKING POINTS WKSF**

<b>Position</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Points</b>	60	55	50	45	40	35	30	25	20	15	10	9
<b>Position</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>Etc.</b>
<b>Points</b>	8	7	6	5	4	3	2	1	0	0	0	0

Relay races shall be held as a separate part of the general competition and subject to participation of at least minimum 3 teams from various countries. Men's and women's relay discipline at World Championships shall be Long Cycle.

The time-limit of the exercises:

- Men – 5 stages lasting 3 minutes each. Team line-up: 5 members of various weight categories;
- Women – 3 stages lasting 3 minutes each. Team line-up: 3 members of various weight categories.
- Mixed Relay - Men 3 stages 3 minutes each and Women 2 stages 3 minutes.



The relay race results shall be determined based on the total number of Long Cycle repetitions made by each member of the relay race team.

The relay race results shall not be included in any total team score (Relay Men's and Women's included in the offset only in the case of the same amount of points in the team event).

## 6. Awarding

If the weight category does not have a minimum of 3 athletes, they will automatically be moved to the next weight category and the calculation will be made in the WKSF coefficient (example: Long Cycle 10' in the 63kg weight category there are 1 athlete, this athlete will be moved to the next 68kg weight category and for example there are 2 athletes in the 68kg category, in total there will be 3 athletes, the award ceremony will be 63-68kg / 1st-2nd-3rd place calculated in WKSF coefficient).

Competitions participants taking the 1<sup>st</sup>- 2<sup>nd</sup>- 3<sup>rd</sup> prizes:

- National Team Recognition 1-2-3 ranked in the overall standings with a trophy, diploma;
- Awarded 1-2-3 prizes in Relay race participants and teams with trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Elite with a medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Amateur with a medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Junior, Veterans, Student, Disable with a medal, diploma.

## 7. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the WKSF at least 30 days prior to the competitions.

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

National teams must present with matching team uniforms in national colors for the awards ceremony. Uniforms must consist of shoes, pants, and National Team jacket.

All participating athletes must have a medical examination for weightlifting sporting (kettlebell) activities (one copy to be left on record and another copy to keep for inspection).

## 8. Financing

Competitions participation costs (travel, meals, accommodation, initiation fee, accreditation) shall be incurred by the sending organizations. Competitions organization and holding costs (sports premises leasing, advertising, posters, award attributes – diplomas, medals, valuable prizes, judges consideration etc.) shall be incurred by the competitions organizers, concerned organizations, and sponsors; the costs shall also be covered at the expense of the WKSF contributions from initiation fees on a share basis. Costs from competitions that match 70 € in **WKSF World Cup** go (40 € per organizing committee and 30€ for WKSF).



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Registration for the Relay is sent in the same way as registrations for individual disciplines and must be sent by the national representative list of athletes for Relay teams. Accreditation ANTI-DOPING shall comprise the price of a license for participation in the international competitions in the current year – (€ 30) from each participant. For those countries that failed to pay a collective membership fee (€ 150,00) to the WKSF

**Members Teams already Paid Annual Fee: (Registration/Discipline):**

Until 01.03.2024-70€

From 02.03 to 10.03.2024-80€

From 11.03 to 18.03.2024-90€

From 19.03 to 22.03.2024-100€

During Check In-Weigh In- +120€ (in case: change category, change discipline)

**Members Teams Didn't Pay Annual Fee: (Registration/Discipline):**

Until 01.03.2024-100€

From 02.03 to 10.03.2024-110€

From 11.03 to 18.03.2024-120€

From 19.03 to 22.03.2024-130€

During Check In-Weigh In- +150€ (in case: change category, change discipline)

**Teams NOT AFFILIATED: (Registration/Discipline):**

Until 01.03.2024-140€

From 02.03 to 10.03.2024-150€

From 11.03 to 18.03.2024-160€

From 19.03 to 22.03.2024-170€

During Check In-Weigh In- +190€ (in case: change category, change discipline)

**9. Accommodation information: Hotels CATANZARO**

**For enquiries:**

Secretary general WKSF: Eduardo Fonseca - [info.wksf@gmail.com](mailto:info.wksf@gmail.com)

President WKSF: Oleh Ilika - [president.wksf@gmail.com](mailto:president.wksf@gmail.com)



**This notice is an official invitation to the competitions!**